

FEBRUARY 2019

Wethersfield Breakfast Menu Choose 3 or more different items with 1 being a 1/2c fruit/juice to count as a reimbursible meal. Grains - Fruits -Milk (Some entrees may count as 2 items.)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW...

THE ROMAN MONTH FEBRUARIUS WAS NAMED AFTER THE LATIN TERM FEBRUUM, WHICH MEANS PURIFICATION, VIA THE PURIFICATION RITUAL FEBRUA HELD ON FEBRUARY 15 (FULL MOON) IN THE OLD LUNAR ROMAN CALENDAR.

1
Breakfast Bosco
Egg, Cheese & Bacon
Mixed Fruit
Juice, Milk

Breakfast starts at 7:30am and ends at 7:50am.

School Start:
Grades 7-12 7:55am
Grades K-6 8:00am

Breakfast \$2.10 (K-12)

Alacarte
Milk /4 oz Juice .65
Cereal /Fruit .80
Entrees \$1.50 (7-12)
Water/Juice \$1.00

We offer 100% juice with no sugar added and choices of fat free flavored milk and one percent or fat free unflavored milk.

All grains are whole grain rich.

450-500 average weekly calories per day based on a 5 day week

Less than 540grams average weekly sodium per day based on a 5 day week.

Your student may choose three or more food items to count as a reimbursible meal with one being a 1/2c fruit or juice.

This institute is an equal opportunity provider.

4
Cereal
Yogurt
Peaches
Juice, Milk

5
Mini Cinnamon Rolls
Oranges Slices
Juice, Milk

6
Raspberry Churrio
Pears
Cereal, Juice , Milk

7
Cherry Frudel
Apple Sauce
Juice, Milk

8
Breakfast Pizza
Mixed Fruit
Juice, Milk

11
Raspberry Churrio
Pears
Cereal, Juice , Milk

12
Sausage Pancake on a Stick
Mandarin Oranges
Juice, Milk

13
Cereal
Yogurt
Peaches
Juice, Milk

14
Mini French Toast
Apple Sauce
Juice, Milk

15
English Muffin with Egg & Cheese
Mixed Fruit
Juice, Milk

18
No School

19
Chocolate Filled Crescent
Mandarin Oranges
Juice, Milk

20
Breakfast Pizza
Mixed Fruit
Juice, Milk

21
Mini Blueberry Waffles
Apple Sauce
Juice, Milk

22
Cereal
Yogurt
Peaches
Juice, Milk

25
Blueberry Muffin
Pears
Cereal, Juice , Milk

26
Ultimate Breakfast Round
Mandarin Oranges
Juice, Milk

27
Cereal
Yogurt
Peaches
Juice, Milk

28
Mini Strawberry Pancakes
Apple Sauce
Juice, Milk